

# July 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><b>See professional fireworks at Ft Monmouth on 2 Jul 07 at 2100</b></p>	<p>2</p> 	<p>3</p> <p>Never allow young children to play with or ignite fireworks</p>		<p>5</p> <p><b>Gas grill safety tips:</b> <b>Check hoses</b> <b>Keep propane gas containers upright</b></p>	<p>6</p> <p>Never store flammable liquids, like gasoline, near the grill.</p>	<p>7</p> 
<p>8</p> <p>The summer season can be enjoyable but the potential for Heat Injuries Increase</p>	<p>9</p> <p>Avoid Extended Exposure to sun</p> 	<p>10</p> <p><b>DRINK PLENTY OF WATER</b></p>	<p>11</p> <p>Wear Protective Clothing: Wide Brimmed Hat Sunglasses</p>	<p>12</p> <p>Use Water Resistant Sunscreen with a Sun Protection Factor (SPF) of 30 or higher.</p>	<p>13</p> 	<p>14</p> 
<p>15</p> 	<p>16</p> <p><b>PERSONAL FLOTATION DEVICES (PFDs)</b></p>	<p>17</p> <p><b>PFDs won't work if you don't wear them</b></p>	<p>18</p> 	<p>19</p> <p><b>PFDs are required for each person on board.</b></p>	<p>20</p> <p>Choose a properly-fitting, U.S. Coast Guard – approved PFD and wear it.</p>	<p>21</p> <p>Put it on, adjust it and test it in the water, so you know how it feels.</p>
<p>22</p> <p><b>IN-LINE SKATERS: SKATE BUT SKATE SAFELY – ALWAYS WEAR SAFETY GEAR</b></p>	<p>23</p> <p><b>Wear a Helmet Elbow Pads Wrist Guards &amp; Gloves</b></p>	<p>24</p> 	<p>25</p> <p>Learn to stop <b>Safely</b></p> 	<p>26</p> <p><b>AVOID SKATING AT NIGHT</b></p>	<p>27</p> 	<p>28</p> <p><b>Bicycle Safety Tip:</b> <b>Protect your head... WEAR A HELMET</b></p>
<p>29</p> <p><b>When at the beach</b> <b>Swim at a lifeguard-protected beach</b> <b>Never swim alone</b></p>	<p>30</p> 	<p>31</p> 	<p><b>WHEN AT THE BEACH AND CAUGHT IN A RIP CURRENT:</b></p> <p>Remain calm to conserve energy and think clearly. Never fight against the current. Swim out of the current in a direction following the shoreline. When out of the current, swim at an angle. . .away from the current...toward the shore.</p>			